## **CLAIMS**

## We claim:

- 1. A method of regulating weight comprising administering dairy products in an amount sufficient to induce weight loss, prevent weight gain, and/or increase the metabolic consumption of adipose tissue in a non-human animal.
- 2. The method of claim 1, wherein the animal is a pet.
- 3. The method of claim 1, wherein the animal is a dog or cat.
- 4. The method of claim 1, wherein the animal is a mouse.
- 5. The method of claim 1 wherein the animal is a farm animal.
- 6. The method of claim 1, wherein the method reduces the risk of osteoarthritis, ligament injuries, perineal dermatitis, diabetes mellitus, cardiomyopathy, and/or urologic syndrome.
- 7. The method of claim 1, wherein the dairy products are administered in an amount sufficient to treat, reduce or attenuate obesity.
- 8. An animal food package comprising a calcium-fortified or dairy-containing animal food and a description of the benefits of consuming calcium in regulating body weight and/or body fat.
- 9. The food package of claim 8, wherein the animal food is pet food.
- 10. The food package of claim 8, wherein the animal food is farm animal feed.